



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #5 **Odd Week**
Newsletter #5
23 July 2014

Contents

Dill

Broccoli

Carrots: Orange

Cucumbers: Family Boxes Only

Lettuce

Snow Peas: Couple Boxes Only

Sugar Snap Peas: Family Boxes Only

Swiss Chard

Zucchini

New Stuff: dill, broccoli, carrots.

Fresh dill, milder and more complex in flavor than the dried version, is an herb I look forward to harvesting every summer. It would be terrific in the cucumber salad I put in last week's newsletter, in place of the basil. It's also great in potato salad, egg salad, with fish, on vegetables—whatever you want to try. Clip off the very bottom of the stems and put the bunch into a small glass with about an inch of water in it. Store the dill in the fridge, and change the water every other day. Fresh dill is best used within 3-4 days, altho it will probably keep longer. The leaves are so thin that you can dry it on your kitchen counter by simply leaving it out on a piece of paper.

Broccoli is just starting to produce heads, so most of you will only get a small amount. We're hoping that, during the next few weeks, the 3 beds we have now will give you all a decent amount. Mother Nature does not grow uniform heads of broccoli, so some boxes will have a larger head than others, some boxes will receive 2 heads rubber-banded together. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. That means you will have to check for them underneath the florets as you wash or cut your broccoli up. You may not find any, you may find a few—it's no big deal.

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. It's best eaten raw, but if it's gently cooked or steamed just until bright green and *al dente*, you will still enjoy most of its nutritional value. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots. Chuck helps by

choosing cultivars that also taste good. This year, we're trialing one called "Jeannette", and that's what you have in your box this week. It's supposed to have sweet flavor, a smooth texture and a "satisfying crunch". What do you think?

Besides their beta carotene, carrots are very high in vitamin A, fiber, calcium, potassium and small amounts of minerals, which are found just under the skin. No need to peel a fresh carrot: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off with that. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw.

And, just when you were wondering what in the world you would do with more zucchini:

Auntie Anne's Zucchini Fritters

Set a cast iron skillet over low heat to warm up.

In a medium bowl, whisk together:

2 eggs

2 Tbsp. mayonnaise

1 clove garlic, minced

½ cup onion, minced

salt & pepper to taste

Now whisk in: 1/3 cup all-purpose flour

½ tsp. baking powder

Stir in: 1 ½ cups grated zucchini

To the now-hot skillet, add: ¼ cup oil

-and turn the heat up to medium.

Drop the batter into the hot oil by the spoonful. Let brown on one side, flip and brown the other. Transfer the fritters to paper towels. Serve hot. This would be great spiced up with some cayenne pepper, a little rosemary or an herb mixture of your choice. Make this recipe gluten-free by substituting rice or garbanzo bean flour for the all-purpose flour.

What do you like to do with zucchini? Send me your favorite recipe, and I may publish it in the newsletter.

Our email address is at the top of every newsletter.

Field Notes

We've had a long enough period without rain that the ground is drying out. These last 2 days of temperatures in the 80's have really helped—so much so that Chuck is laying drip tape on the new beds of lettuce we planted last week.

Overall, the summer has been cool. Our heat-loving plants, watermelons, cantaloupes, eggplant and bell peppers, have not been growing as fast as we would like, so Chuck has enclosed them underneath row cover to give them a warmer environment and stimulate growth. This is a lightweight, polyester fabric that allows some air and water to penetrate and captures some heat, acting like a semi-greenhouse.

Wednesday, we will start to dig our garlic. Our field crew will be wielding potato forks, clipping roots and shaking off the worst of the dirt before spreading the plants out to dry in our greenhouse. The crop looks good, so we'll see what the forks turn up.

If you liked those grilling chips, we have them for sale: \$2/lb.

Terry has plants for sale from her House Garden: bearded iris-lavender/lavender--\$3 each.

French hybrid lilac Albert Holden: dark purple double flowers with a strong lilac fragrance--\$15 for the one available now with a double stem and one baby. I'll have more ready in a month, once the newly-potted ones have a chance to grow more roots.

Lots of hostas, all different, most are bicolors--\$3/small clump (quart pot), \$5/medium clump (1 gallon pot). Tell me what color combination you're looking for, or the variety name if you know it. They need thinning!

To order, email the farm with the item(s) and/or amount you want, your first and last name, where you pick up your box and which Wednesday you would like delivery. We will reply to confirm your order and give you a total. To pay for your order, please snail mail a check made out to "Full Harvest Farm, LLC". Our address is at the top of every newsletter. Please, never leave money at your pickup site. Extras orders usually arrive in their own box or bag with your name on a 4"x6" card stapled to it, and are placed in a different spot from the Couple or Family boxes, usually near the Choice Box. Thank you!

As members of FairShare CSA Coalition, Full Harvest Farm, LLC supports the Coalition's PartnerShare program. FairShare is holding a donation drive from now until Aug. 8th, so if you'd like to send a little money to support a good cause, please consider this one. Here's more information:

Share a Share!

We believe every family should have access to locally produced, organic food. Unfortunately, for many people, purchasing local, farm-fresh, food is beyond their means. The Partner Shares program brings fresh produce within reach for low-income families by providing up to \$300 toward the cost of their CSA share. This means farmers receive a fair price for their produce, and families no longer have to choose between eating healthy and affording life's other expenses.

As you continue enjoying the delicious produce in your CSA box, we invite you to share this experience with others in your community.

Please donate to the Partner Shares program and "Share a Share" today!

For more information about Partner Shares and how you can donate please visit FairShare's website: <http://www.csacoalition.org/news/partner-shares-donation-drive-july-21-august-8/>

This year, we have 3 CSA members who are being helped by the Partner Share program.

Enjoy this wonderful weather!

Terry & Chuck